

## **News Release FOR IMMEDIATE RELEASE**

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### **Flu Confirmed in Coconino County**

Coconino County Health Department (CCHD) officials announced today the first confirmed cases of influenza in Coconino County for the 2008-2009 flu season. Seven cases of influenza were diagnosed in the county and reported to the Arizona Department of Health Services (ADHS) on December 22, 2008. The individuals are from various areas of Coconino County, including Flagstaff and Williams. This marks the beginning of the flu season in Coconino County.

“We have been anticipating our first flu case in Coconino County. Since flu activity typically does not reach its peak until late January or February and influenza activity can occur as late as May, this is still a good time to get a flu shot,” said Kimbal Babcock, CCHD Senior Manager.

ADHS recently changed the state’s reported level of influenza activity from sporadic to local. Levels include: No Activity, Sporadic, Local Activity, Regional or Widespread.

The CCHD Clinic, 2625 N. King Street in Flagstaff, is offering flu shots on Monday, Wednesday and Friday between the hours of 8:00 am to 11:30 pm and 1:00 pm to 4:00 pm. Appointments are recommended. Pneumonia vaccinations are recommended for adults 65 years of age or older and people with certain medical conditions. Information regarding pneumonia vaccinations is available at <http://www.cdc.gov/vaccines/vpd-vac/pneumo/default.htm#vacc>. For additional information or to schedule an appointment, please call the Coconino County Health Department at 928-679-7272 or toll-free at 1-877-679-7272 or visit [www.coconino.az.gov/health](http://www.coconino.az.gov/health).

The cost for a flu shot is \$25. Pneumonia vaccinations are available for \$30. The CCHD accepts Blue Cross Blue Shield of Arizona (excluding Medicare and out-of-state Blue Cross and/or Blue Shield plan Members), Medicare, AHCCCS, Health Choice Arizona and Phoenix Health Plans. (Ask your scheduling representative for details.)

**Vaccinations are free for children age 18 and under. The Centers for Disease Control and Prevention (CDC) now recommends that all children (6 months through 18 years of age) get a flu shot. No one will be denied service due to inability to pay.**

In addition to getting a flu shot, good health habits will help you stay well. These simple actions can stop the spread of germs and help protect you and others from getting sick:

- **Wash your hands frequently during the flu season.**
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with people who are sick.**
- **Cover your mouth with a tissue when coughing or sneezing, and wash your hands afterwards. If you don't have a tissue, sneeze or cough into your sleeve.**
- **Stay home when you are sick.**

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